# An APA Research Paper Model

Thomas Delancy and Adam Solberg wrote the following research paper for a psychology class. As you review their paper, read the side notes and examine the following:

- The use and documentation of their numerous sources.
- The background they provide before getting into their own study results.
- The scientific language used when reporting their results.

Center the title one inch from the top. Double-space throughout.

The introduction states the topic and the main questions to be explored.

The researchers supply background information by discussing past research on the topic.

Extensive referencing establishes support for the discussion. Running on Empty

Running on Empty: The Effects of Food Deprivation on Concentration and Perseverance

Many things interrupt people's ability to focus on a task: distractions, headaches, noisy environments, and even psychological disorders. To some extent, people can control the environmental factors that make it difficult to focus. However, what about internal factors, such as an empty stomach? Can people increase their ability to focus simply by eating regularly?

One theory that prompted research on how food intake affects the average person was the glucostatic theory. Several researchers in the 1940s and 1950s suggested that the brain regulates food intake in order to maintain a blood-glucose set point. The idea was that people become hungry when their blood-glucose levels drop significantly below their set point and that they become satisfied after eating, when their blood-glucose levels return to that set point. This theory seemed logical because glucose is the brain's primary fael (Pinel, 2000). The earliest investigation of the general effects of food deprivation found that long-term food deprivation (36 hours and longer) was associated with sluggishness, depression, irritability, reduced heart rate, and inability to concentrate (Keys, Brozek, Henschel, Mickelsen, & Taylor, 1950). Another study found that fasting for several days produced muscular weakness, irritability, and apathy or depression (Kollar, Slater, Palmer, Docter, & Mandell, 1964). Since that time, research has focused mainly on how nutrition affects cognition. However, as Green, Elliman, and Rogers (1995) point out, the effects of food deprivation on cognition have received comparatively less attention in recent years.

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**G** Thomas

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#### **Table of Contents Examples Of Research Papers Apa**

- 1. Understanding the eBook Examples Of Research Papers Apa
  - The Rise of Digital Reading Examples Of Research Papers Apa
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Examples Of Research Papers Apa
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Examples Of Research Papers Apa
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Examples Of Research Papers Apa
  - Personalized Recommendations
  - Examples Of Research Papers Apa User Reviews and Ratings
  - Examples Of Research Papers Apa and Bestseller Lists
- 5. Accessing Examples Of Research Papers Apa Free and Paid eBooks
  - Examples Of Research Papers Apa Public Domain eBooks
  - Examples Of Research Papers Apa eBook Subscription Services
  - Examples Of Research Papers Apa Budget-Friendly Options

- 6. Navigating Examples Of Research Papers Apa eBook Formats
  - ∘ ePub, PDF, MOBI, and More
  - Examples Of Research Papers Apa Compatibility with Devices
  - Examples Of Research Papers Apa Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Examples Of Research Papers Apa
  - Highlighting and Note-Taking Examples Of Research Papers Apa
  - Interactive Elements Examples Of Research Papers Apa
- 8. Staying Engaged with Examples Of Research Papers Apa
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Examples Of Research Papers Apa
- 9. Balancing eBooks and Physical Books Examples Of Research Papers Apa
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Examples Of Research Papers Apa
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Examples Of Research Papers Apa
  - Setting Reading Goals Examples Of Research Papers Apa
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Examples Of Research Papers Apa
  - Fact-Checking eBook Content of Examples Of Research Papers Apa
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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